



Queensland University of Technology
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Indigenous Women's Wellness

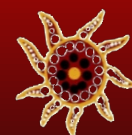
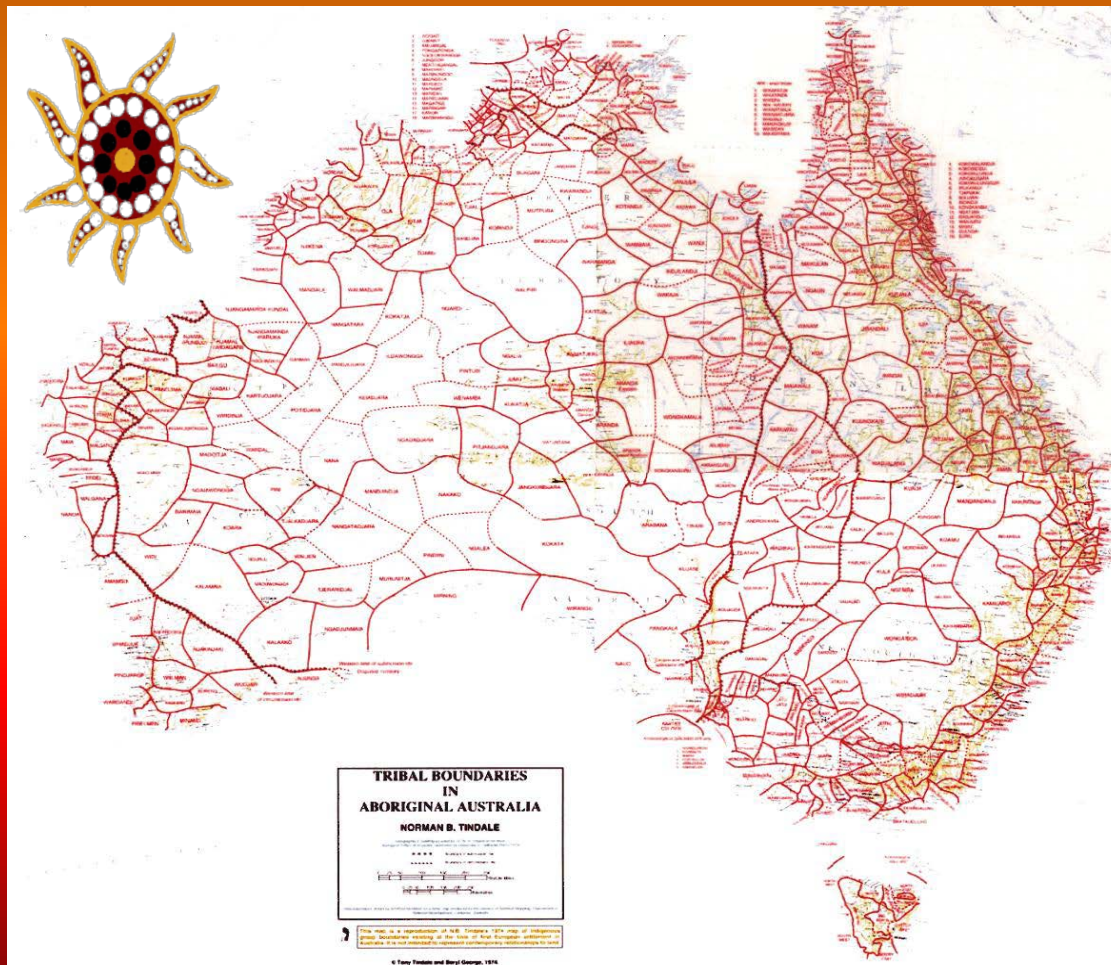
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Queensland University of Technology (QUT)

CQUniversity Australia



“Who are we”





National Aboriginal and Torres Strait Islander Women's Health Strategy

Fredericks et al ,2010

This image is of my woman's site on Country where I live. It is where I travel to for maintaining my mental, emotional, spiritual and physical well-being. Within this place I can speak with my inner self and to my ancestors. It is where I seek clarity, guidance and reassurance and affirm my Aboriginal identity"

Pamela Croft Warcon

QUT/CQU

Indigenous Women's Wellness Study

Bunyabilla Inc

Focus Groups

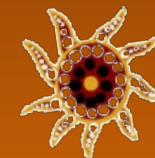
Brisbane North

Diabetes
Study

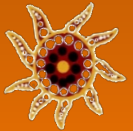
*Brisbane
North and
Cherbourg*

Wellness Study and Program Development

Implementing Indigenous Women's Wellness
health summit model



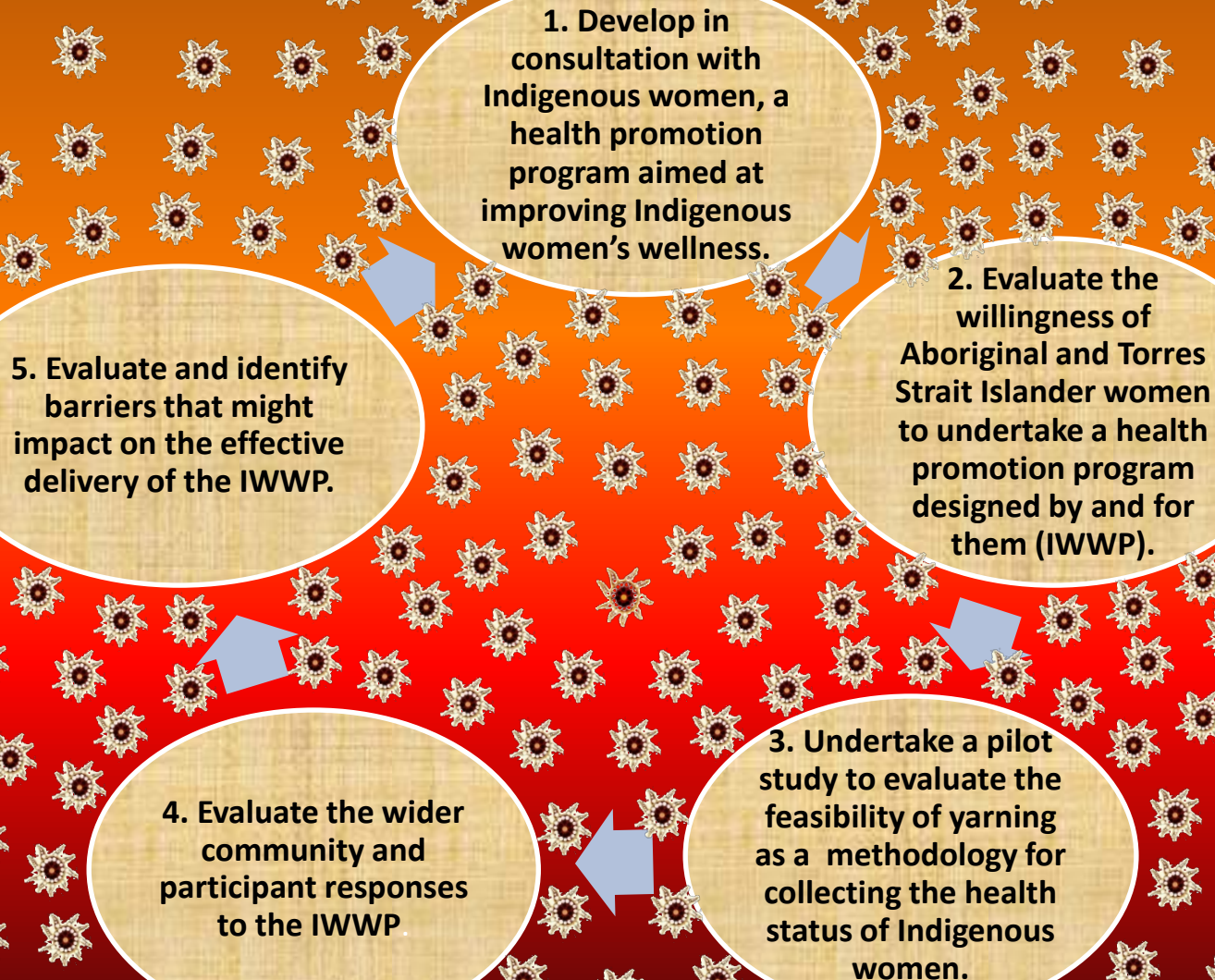
Research Aims



1. Explore what wellness is for Aboriginal and Torres Strait Islander women.
2. To understand the health and wellness needs of these women.



Research Objectives



Research Stages



Phase 1

Objectives

1 and 2

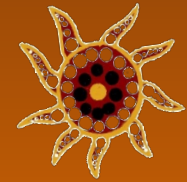


Stage 1: Review of literature and current health programs that are targeted for Indigenous people.

Stage 2: Focus groups conducted with Indigenous women to examine the factors and barriers highlighted within the research objectives.

Stage 3: Collate and analyse the data and re-approach community for continuity and program design input.

Research Stages



Phase 2

Objectives

1, 2 and 3



Stage 4: Designing a culturally appropriate questionnaire in conjunction with community.

Stage 5: Develop an Indigenous women's health promotion model/program in conjunction with the research and Indigenous women's input.

Stage 6: Implement the proposed design by undertaking a pilot of the program.

Stage 7: Evaluate the pilot program by re-approaching community and participants.

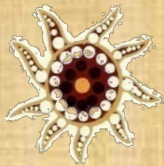
Research Stages



Phase 3

Objectives

2, 3, 4 and 5



Stage 8: Implement the evaluated changes to the program and re-run the pilot.

Stage 9: Re-evaluate the program for confirmability and effectiveness.

Stage 10: Exploring avenues of assuring continuation of the Indigenous women's wellness program.

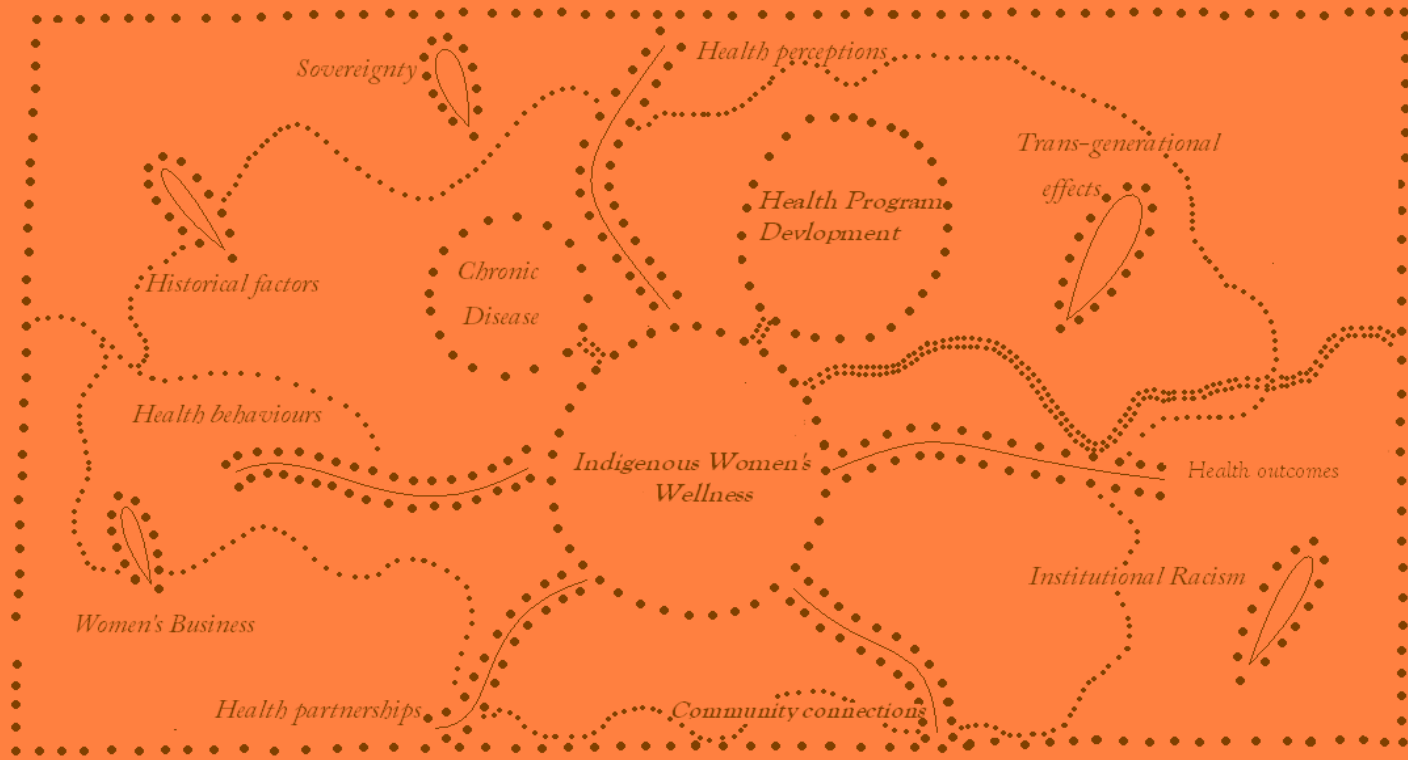
Permission to undertake community based research



- Indigenous specific permission was received in conjunction with ethical approval for the first stages of this research
- Respectful Indigenous information pathway
- Inherent Indigenous knowledge and traditions
- “Insider” and “Outsider” research applications



Variables discussed within the Research

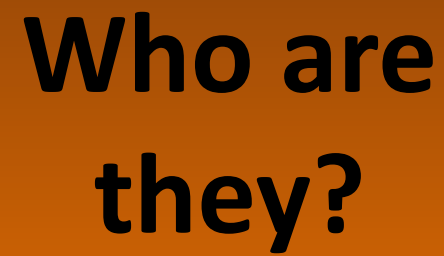


Methodology



A mixed- methodology approach addresses this research

- *Qualitative data collection* – Yarning
 - Thematic analysis
- *Quantitative data collection* - Questionnaire (through Yarning)
 - Chi square nonparametric one sample statistical testing and base line mean average



Indigenous
women whom
reside in
Brisbane North

Yarning Circle Data Collection

Qualitative -Indigenous Women coming together to share tucker, experiences and knowledge.

- ❖ Indigenous information pathways
- ❖ Uses traditional gathering and Indigenous Yarning protocols

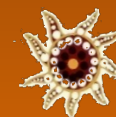
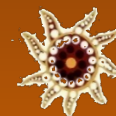


What is Yarning

- Social Yarning
 - Two- way Yarning
 - Collaborative Yarning
 - Therapeutic Yarning
 - Family Yarning
 - Cross- cultural Yarning
- (Bessarab & Ng'andu 2010)



What did we find



1) What is wellness

- a) Wellness -and what this means to Indigenous North Brisbane women,
- b) What creates wellness?, i) Strength, ii) Support

2) Wellness and Health Services

- a) Autonomy b) Indigenous women being heard, c) historical factors, d) Indigenous women's group development and continuation.

- ## *3) Access to services*
- a) Transport b) Place and space



Indigenous Women's Wellness

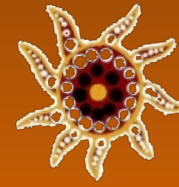


“Indigenous women’s wellness is the connection combinations and interactions that are intertwined to create wholeness within an individual. Health or wellness becomes the by-product of this organic internal connection”.

Walker, Fredericks, Anderson, 2012



Creating wellness



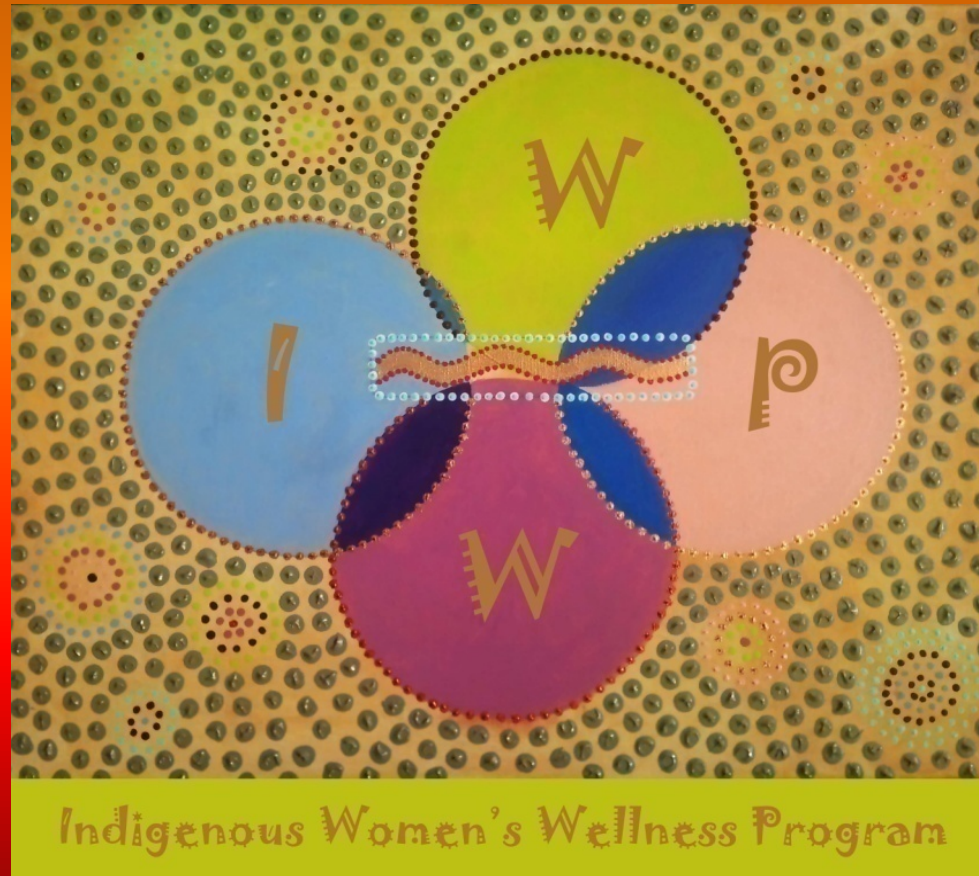
- “Wellness is a word and it is not just one thing”
- “Connection to country, connection to community, that makes us well”
- “Wellness is the environment we are in-our health, land, arts and housing”
- “.....we need a place for us.....”
- “Treated like second class”, “Assume your race” and are “Not aware of Aboriginal Health”

“Tiddahood in health”

“We want to come together, we learn best together, so we should improve our health together.....”



Brisbane North Indigenous Women's Health Summit



March 9th 2012



Acknowledgements



Aunty Honor Cleary
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Aunty Dorothy Hill
Aunty Dorothy Chambers
Aunty Jennifer Coleman
Aunty Jane Harbour
Aunty Patrice Harald
and 20 volunteers



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CQUniversity Australia

Diabetes Queensland

Queensland Health – Smoke free Community Support program

Indigenous Studies Research Network (ISRN)

Moreton bay public health unit

Women's Health Queensland

Queensland Aboriginal and Torres Strait Islander Human Services

Queensland Health Bowel cancer screening

Queensland North lakes Health Precinct

Redcliffe Community Health

Queensland Health Immunisation services

Uniting care



Noonuccal, 1981.

*“ No more woomera, no more boomerang,
No more playabout, no more the old ways.
Children of nature we were then,
No clocks hurrying crowds to toil,
Now I am civilized and work in the white way,
Now I have dress, now I have shoes:
‘Isn’t she lucky to have a good job!
Better when I had only a dilly bag.
Better when I had nothing but happiness.”*

(Cited in Haebich, 2008)



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